



Welcome! Class of 2022



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Director, CMU Health Professions Program

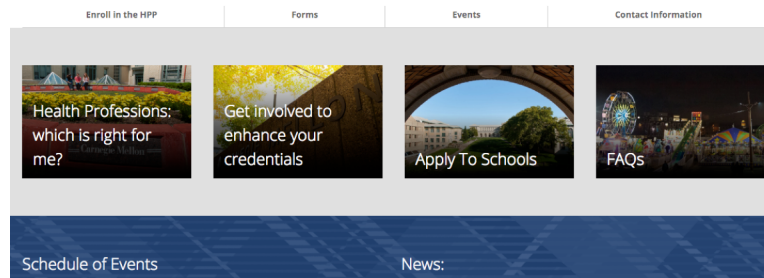
Who is the HPP Director?

- Originally from Pittsburgh
- College: BA in Philosophy and Biology
 - Univ. of Colorado, Boulder
 - Took some time off...
- Grad school: Doctorate in Cellular and Molecular Pathology (cancer)
 - Univ. of Pittsburgh School of Medicine
- Post-doc: Johns Hopkins School of Medicine
- My path post-college:
 - Paralegal (criminal defense and personal injury)
 - Post-bacc year taking more science courses
 - Merrill Lynch stock options trader
 - Research technician: diabetes & 2-D gel electrophoresis + mass spectrometry
 - College Teaching Professor & Pre-health advisor

What is the HPP?

- An advising program to provide information and assistance to students interested in pursuing a career in a health profession.
- Our website: www.cmu.edu/hpp/

Health Professions Program



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How the HPP can help

- Academic Advising
- Exploration of career options in the Health Professions
- Assistance finding volunteer, research and clinical opportunities
- Info seminars and application workshops
- Practice interview and committee letter writing

...and even life counseling



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HPP Philosophy

- Advisor, teacher, faculty member, scientist, husband and father
- Pre-med is not a major → we encourage students to study in their field(s) of choice while incorporating pre-health pre-req courses.
- Sometimes people change their minds...often several times.
 - Think about 3rd year of medical school...
- No two applicants are the same so maintain your individuality.

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Health Professions Careers

- Allopathic Medicine (MD)
- Osteopathic Medicine (DO)
- Physician Assistant (PA-C)
- Dentistry (DDS / DMD)
- Veterinary Medicine (DVM / VMD)
- Clinician/Scientist (MD/PhD, DO/PhD or DVM/PhD)
- Pharmacy (PharmD)
- Optometry (OD)
- Mental and Social Health (PhD / MS / MSW)
- Naturopathic Medicine (ND)
- Other affiliated careers: biomedical engineering, public health, genetic counseling, chiropractic medicine, nursing, sports medicine, podiatry, nutrition...



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How are applicants evaluated?

- Grades: Total, Science, all other, year by year trends
- Standardized Test Scores (MCAT, GRE, DAT, PCAT, etc)
- Exposure and Commitment to the field
- Extracurricular Involvement (leadership?)
- Research Experience
- Work Experience
- Community Service
- Communication Skills
- Teamwork skills

↑ Holistic Review ↓

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How do I get ready for applying?

One year of general biology with lab:

Modern Biology
Physiology (or Genetics, Cell...)
Biology Lab

One year of general chemistry with lab:

Modern Chemistry I
Modern Chemistry II
Lab I or Tech I

One year of organic chemistry with lab:

Organic Chemistry I
Organic Chemistry II
Lab II or Tech II

One year of physics with lab:

Physics I
Physics II
Basic Experimental Physics (Lab)

One year of English:

76-101 Interpretation and Argument
76-2xx English course of the student's choice

College math (one year)

Calc I + Calc II -OR- Calc I + Stats

**Stats required for Pitt Med 2020*

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How can I prepare beyond the sciences?

- Social Sciences
- History
- Art
- Language
- Philosophy
- Ethics
- Social Decision Sciences
- Economics
- Political Science / Policy

*Why take
these courses?*

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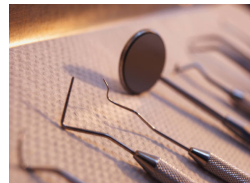
Preparing yourself: beyond classes

- What are your strengths and weaknesses?
- How are your study skills?
- Have you been challenged as a student? ...in life?
- What are your motivations for a career in healthcare?
- Are you creative, independent thinker?
- Can you persevere?
- Do you communicate well?
 - Verbally?
 - In writing?

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Getting Involved

- Service
- Research
- Network with peers
 - Doctors of Carnegie (DOCs)
 - Minority Association of Pre-Health Students (MAPS)
 - Alpha Epsilon Delta
 - GMBs & GPHBs
- Network with professionals
 - CMU faculty
 - Alumni
 - Clinicians in community



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When should I apply?

- What is the “right time” to apply?
- When will I be ready?
- What if I want to take time in b/w college and graduate school?
- When it comes time, the HPP will be here to help!

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The CMU committee process

- Simulates the medical/dental... admissions interview
- Typically you and 3 interviewers
- 2 hour time slot: usually 60-90min interview & ~15min feedback
- Video recorded and available to you
- Discuss strengths and weaknesses
- Provides both evaluation and mentoring
- Create committee letter of recommendation
- Scheduling...we'll talk about that in a few years

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Key Points to Consider EARLY in Your Undergraduate Career

- Choose a major that interests you
- Take courses other than science
- AP credit **is not** always accepted to fulfill requirements!
- Taking required courses abroad is a NO-NO and over the summer is not recommended
- Please meet with me before you overload or underload

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Key Points to Consider EARLY in Your Undergraduate Career

- Balance your schoolwork, activities, and personal life
- Get to know your advisors and professors
 - Letters for internships, grad school, med school or jobs
- Ask for help
- Get involved (*wisely*)
 - Volunteer, research, shadowing...
- Explore your interests to expand your knowledge and test your commitment!

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Key Points to Consider THROUGHOUT Your Undergraduate Career

- Build productive relationships with your teaching faculty and research advisor(s)
- Strive toward excellence and leadership in your endeavors
- Be mindful of professional and ethical behavior
- Avoid academic and/or integrity violations

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From here on out...


Be well and take
care of yourself!

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How to reach the HPP office

- Doherty Hall 1324
- Email:
 - hpp-office@andrew.cmu.edu
 - May Simaan (simaan@andrew.cmu.edu)
- Phone: (412) 268-8494
- URL: <http://www.cmu.edu/hpp/>

Scheduling &
general questions



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